

February 2019

# Meadow Park Care Centre

1210 Southdale Road East, London, Ontario N6E 1B4 (519) 686-0484



## Celebrating February

### **Music with Mike Griffin**

*February 3*

### **Wine in Paris**

*February 11*

### **Valentine's Day Social with Favorite Melodies**

*February 14*

### **Family Day Music with Perry**

*February 20*

### **Birthday Party with Bruce Hansen**

*February 21*

### **Alia & Tan Jay Trunk Sale**

*February 23*

### **Red Carpet**

*February 28*

## **A Note from the Administrator**

I am pleased to announce that we have 2 new members to our management team! First, I would like to introduce Linda Forget, as our Resident & Family Services Coordinator. Linda brings many years' experience working in the community in different management capacities. Linda has many connections in the London area and we are looking forward to growing our network of community contacts. As well, we have promoted one of our Registered Nurses to the role of CoDOC. Anura Vinthanagamage has been with Meadow Park London for the last year. He has many years' experience in a variety of disciplines, including pain management, geriatrics, long term care and palliative care. Please join me in welcoming Linda and Anura to their new roles as well as welcoming Carol back as the full time Volunteer Services Coordinator. "A reminder that we have an open door policy, and I welcome you to drop by and visit. Let me know how you and your loved one are doing. Also, know you can bring any concerns you may have directly to me so that resolution can be achieved"

Michelle Priester

As a friendly reminder, the "Smoke-Free Ontario Act" does not permit smoking within 9 meters of a building.

We will be putting a "Butt-Out" cigarette station at the proper distance from the building to help with this. Please be kind to the environment and our beautiful property by using the "Butt-Out" station when discarding your cigarettes.

We have a duty to uphold and abide by the laws and acts enforced in Ontario. Each resident has the right to smoke if they:

- Are assessed using a proper Smoking assessment and deemed an "Independent Smoker" – this will be done on a quarterly basis
- Follows the city by-laws and the 'Smoke Free Ontario Act' – fines can be imposed

## Volunteer Newsletter

On Friday, January 25th, I attended the King's University Winter Forum. This is an opportunity for our home to recruit a 4th year Bachelor of Social Work student for the fall. We will find out this coming summer if our home will be hosting a student for their placement.

Currently, Meadow Park is asking for signatures in order to promote increased funding for all long term care homes in Ontario through the **Better Senior's Care** initiative organized each year by the Ontario Long Term Care Association. Please take a moment to sign their on-line petition if you have not already had a chance to.

We are still in need of volunteers to help with some of our larger group programs from Monday to Friday. Please contact me if you are interested.

***‘Those who can, do. Those who can do more, volunteer.’***

**Author Unknown**

Thank you, Carol

Coordinator of Volunteer Services

**Better Seniors' Care** ONTARIO  
LONG TERM CARE  
ASSOCIATION

We need your help! When you enter Meadow Park Home you will see a display for "Better Seniors' Care". Please take the time to read about how you can help to get Better Senior Care by sending a letter through the website

[www.betterseniorscare.ca](http://www.betterseniorscare.ca) you inform your MPP of what is important to you.

Please ensure you pick "Meadow Park London" so that we get your vote.

Top homes are recognized.

Thank you for your support

## Environmental News

I guess we couldn't hold it off forever, winter is officially here. Over the past month we finally had our first cold snap and we felt where the adjustments needed to be made for the boilers to meet expectations. I would like to thank the staff and residents who soldiered on through some colder temps while we got space heaters and extra blankets out to get through some minus thirty nights. On a happier note all adjustments have been made and we should have a comfortable winter.

This winter/spring we hope to have a volunteer from the local high school helping out in the environmental department, so please say hi or introduce yourself to the young man or woman you see helping out around the home and in your loved ones rooms. As always, please feel free to approach or call me at extension 15 with any other concerns or wishes you may have.

**Ben Edwards**  
Environmental Services Supervisor

## Co-Doc- Anura Vithanagamage

I am very excited to be in my new role as Co- DOC at Meadow Park Long Term Care Home. A little about me – I Migrated from Sri Lanka in 2010 where I was a primary care physician. I graduated from Western and York Universities to become a Registered nurse in Canada. I have been working at Meadow Park since December 2018. I have three children: two daughters (20yrs & 15yrs) & a son (18yrs). In my spare time my hobbies are collecting stamps, watching Netflix, and playing chess.

Regards,  
Anura

### PLEASE NOTE

There will be no Trip to White Oaks Mall this month due to weather. It will resume in March later in Month.

## Restorative News

### TYPES OF RESTRAINTS

There are three main types of restraints:

**Physical** restraints limits control movement and/ or behaviour. These restraints may be attached to a person's body or create physical barriers. A physical restraint can include a table top that is fixed to a chair in which the person cannot push off or a bed rail that cannot be opened by the client.

**Chemical** restraints are medications that are used to modify/ restrict behaviour and movements. These can include tranquilizers & sedatives.

**Environmental** restraints that change or modify a person's surroundings to restrict or control movement. These can include a locked bathroom door or a secure unit.

Some of the reasons that someone would consider a restraint can include protecting a person from injury and maintains/ control disruptive behaviour. According to Prevention of Falls and Fall Injuries in the Older Adult (2002, Nursing Best Practice Guideline, Registered Nurses Association of Ontario) several studies have found that restraints actually increase the severity of falls and can increase confusion, muscle atrophy, chronic constipation, incontinence, loss of bone mass and decubitus ulcers.

Other reasons can also increase emotional distress, loss of dignity and independence, increased agitation and depression. Restraints can cause injuries. Where a bed rail is used a person may try to climb over the rail to get to the bathroom which would result in a fall and where a seat belt is used a person can slide down in their seat and the seat belt becomes a choking hazard. By using a least restraint approach we are preserving their dignity, a gain in confidence and raised self-esteem levels.

## Restraints continues ....

One of the most successful strategies for dealing with responsive behaviours, without using restraints, is to use the problem-solving approach.

1. Identify the problem: Take a step back and objectively pinpoint the problem.
2. Analyze the problem: Is the person trying to communicate something?
  - What factors might be contributing to the person's reaction?
  - What is happening and why?
  - Could the person be reacting to something or someone in the environment?
3. List possible strategies: Think of all the ways to possibly solve the problem.
4. Choose a strategy: Weigh the pros and cons of each strategy. Select one.
5. Take action: Put the chosen strategy into effect.
6. Assess the results: Did the chosen strategy work?
 

If not, why not? Should another strategy be tried?

Sometimes the first strategy is not successful and it may work the first time but not with multiple attempts. Talking to other caregivers, a doctor or a health care worker may provide explanations about why the strategy may have been unsuccessful. They may have suggestions for other possible approaches.

Stacey Gilbert

### A BIG THANK YOU

Meadow Park Residents and Staff/Managers would like to thank those Businesses that supported our Christmas Season with donations and homemade gifts.

Also a special thank you to all that took a tag off the Dream tree. Through your kindness we were able to have ever resident open a gift at Christmas.

# Special Events

## **Songs of the Heart**

Saturday, February 2<sup>nd</sup> at 2:00pm

Have a fun afternoon with singing and guessing songs with a love theme.

## **Music with Mike**

Sunday, February 3<sup>rd</sup> at 2:00pm

Enjoy a Sunday afternoon with family and music. All Welcome

## **Breakfast Club**

Wednesday, February 6<sup>th</sup> at 8:30am

Residents will enjoy Pancakes and bacon.

## **Meadow Park Choir**

Saturday February 9<sup>th</sup> and 23<sup>rd</sup> at 2:00pm

Get back to singing with the Choir.

## **Valentine Social**

Thursday, February 14<sup>th</sup> at 2:00pm

Enjoy music and treats which is sure to make a fun afternoon

## **Family Day Social**

Monday, February 18<sup>th</sup> at 2:00pm

Spend the afternoon with Family on this stat. Music will be provided

## **Alia & Tan Jay Truck Sale**

Saturday, February 23<sup>rd</sup> from 1-3pm in the Wildwood Activity Room

Representatives from Alia and Tan Jay will be here. They will have racks of clothing on sale for residents to try on and purchase. Family is asked to come and support their loved ones if they are in need of clothing. If this goes well we can have them back if there is a need

# From the kitchen...

We are well into the New Year and looking forward to warmer weather. While we endure the cold outside we are enjoying some fun inside. There will be a special menu on February 5<sup>th</sup> at supper for Chinese New Year and a special menu all day on February 14<sup>th</sup> for Valentine's Day. In addition, we continue with our dinner club series and in February we will be visiting a French Bistro! February is also Pride in Foodservice Week. In our dietary department we have a lively mix of veteran staff with 30 plus years and new staff fresh out of school. They all work together to provide the best meal service we can every day. Beyond the usual great work they are always doing special things such as catering events, providing palliative carts for families, making individual meals for residents on special diets and singing happy birthday to every resident. I do apologize about the singing talent! This is a super team and I am pleased to call them my team.

Until next month,  
Sue

## News from Resident and Family Service Coordinator

Hello, my name is Linda Forget, and I am very excited to be a part of the Meadow Park team! I started the position of Resident & Family Services Coordinator in early January.

My most recent position was with London & Middlesex Housing Corporation, working with community partners and agencies to bring programs to tenants. Prior to this position my work history includes The Salvation Army-Corrections, managing two Group Homes for teenage boys, and a Correctional Officer at The Genest Detention Centre for Youth.

I am blessed with an awesome family, my husband and I will be celebrating 25 years of marriage this summer. Both my sons finished their post-secondary schooling this year, and are currently working in London.

Please feel free to pop into my office and introduce yourself! I would love to chat with you!

Linda Forget  
Resident and Family Service Coordinator

## Meadow Park wants to Grant Wishes

We have a unique program called "Better Late than Never" where we are inspiring residents to fulfill their dreams. We are asking for family support with getting these dreams from your loved one. If you know what your loved one would like to do, learn, or go please fill out the form and submit to recreation.

**Look for posters to find out more.**



# Jarlette's Mission, Vision and Values

## Mission

Through our care a family oriented culture is nurtured, which fosters the enchantment of our resident's journey while at Meadow Park.

## Vision

Our shared vision is for the residents at Meadow Park to live with dignity and respect experiencing the full expression of their independence, personhood and potential.

## Values

*Legacy-* We honor and respect and recognize individuals in their diversity, culture, history and ability to contribute to the fullness of life.

*Teaching-* We actively support and share with each other in our endeavors to achieve our personal best.

*Culture-* We value happiness, joy, laughter and smiles- the expression of the human spirit in all its forms.

A reminder that the

### ***Sewing Program***

Is still being offered on the 1st Wednesday of each month from 10:30-11:30 am. Please let us know if you require any mending services for our residents or would like to join us and help out.

Services include but are not limited to; making open back clothing, buttons, hemming, etc.

For your convenience, you can drop off mending in advance to Mac or Carol.

## Pet Visits

The residents truly love to see the animals visit our home. Pet visits make a residents day and provide comfort. Saying all that we do have to follow some rules that are set for the health and safety of your loved ones. It is the Ministry of Health regulation that we have a current record of your visiting pet's immunization on file. Please bring one in and give it to Carol Neil the Volunteer Services Coordinator, she will make sure it gets on file for when the Ministry people ask us for it. We require this even if you just bring them in once or twice a year



## A Difficult Decision

A Difficult Decision - The passing of a loved one is a very difficult time. One way to lessen the stress at that time is to give some thought as to which funeral home your loved one wants to care for them. If possible, have the conversation with family members and your loved one. When a choice is made, please be sure to let the unit nurse know so that this may be recorded. This will allow us to help support you, and reduce decisions that need to be made. Please call or email the Resident & Family Service Coordinator at [lforget@jarlette.com](mailto:lforget@jarlette.com) or call [519-686-0484 ext. 37](tel:519-686-0484). Also, keep in mind that The Ministry of Health regulations require that your loved one's room be cleared in 24 hours; however, if there are extenuating circumstances, please let us know so that we may assist you.